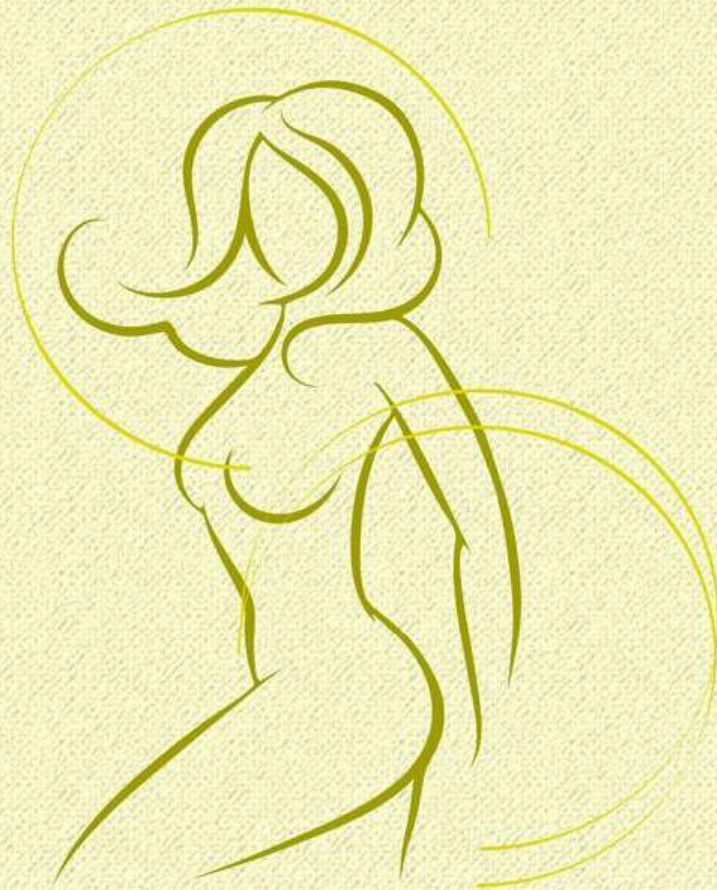


Lose Your

BELLY FAT



Lose Your Belly Fat

Change Your Gut, Change Your Life

Contents

Chapter 1. Introduction	4
How Belly Fat Makes Everything Worse	4
Chapter 2. How Did it Get Like This?	7
The Problem is Energy, Not Time.....	8
Chapter 3. The Simplest Diet for Fighting Belly Fat: Cutting Calories.....	10
How to Measure and Maintain a Calorie Deficit.....	11
A Little About Targeting.....	13
Chapter 4. The Role of Hormones in Weight Loss	14
Problems With the Deficit.....	15
The Cycles of the Body.....	17
The Roles of Carbs and Fats	19
Chapter 5. Fitting a Diet Into Your Lifestyle.....	21
The Other Factors Overlooked by Diets.....	23
But Most Important of All: Nutrients.....	23
Why Modern Diets Are the Worst	24
Chapter 6. Finally: The Lose Your Belly Diet	26
The Simple Way to Lose Weight	27
Simple Tracking.....	28
Ride the Tide	29
Chapter 7. It's Not Just About the Food.....	32
More Ways to Get Your Body on Your Side	33
Chapter 8. Training for Six Pack Abs and the Perfect Body	35
Abs	36
Weight loss.....	38
Chapter 9. How to Get the Hollywood Look for Men.....	40
Dressing the Part.....	42
Chapter 10. Conclusion.....	45

Chapter 1

Introduction

Chapter 1. Introduction

Everyone is looking for a 'silver bullet' these days. They're looking for that 'one simple trick' that can change their lives and make everything better – that will make



them feel more energetic, more attractive and more successful.

Because let's ace it: life can be something of a slog for most of us. We wake up in the morning feeling tired and not wanting to haul ourselves out of bed. Then we drag ourselves to work through busy, stressful commutes and then we force our way through a long hard day.

When we get home, we usually feel too tired and depressed after our working week to do anything worthwhile, and so we just crash out in front of the couch.

Many people struggle with feelings of low self-esteem, of depression and of loneliness on top of this. We're constantly connected but many of us feel that we struggle to make real, worthwhile connections.

Is there really one simple trick that can turn that all around? That can give you a new lease of life and help you feel like a million bucks?

Well, I'm here to tell you that there is. And it's perfectly obvious when you think about it. The simplest way to turn your life around and to feel the best you've ever felt is to get rid of that belly fat. If you're currently living with a mushroom top, 'Dad bod' or just a spare tire around your waist, then it is dragging you down more than you could possibly know.

How Belly Fat Makes Everything Worse



Of course we all know that belly fat can ruin your confidence. Having a gut is simply not attractive whether you're a male or female and it's something that is going to make you feel a whole lot worse about yourself

as a result.

Having a gut doesn't just get rid of any chance you might have stood of having a six pack, it also ensures that you look like a stuffed potato whatever clothes you wear.

It's immensely hard to put on a great shirt or dress and to leave the house feeling like a million bucks when you have a massive gut hanging out.

More than that though, a gut signals generally poor health. This suggests that you are less active and what normally goes along with that is a general lack of tone and definition that can be seen everywhere from your arms to your face.

Women: do you remember when you used to feel light, petit and strong? Like a toned and honed Amazonian ready for business and enjoying all the stares coming your way?

Guys: do you remember what it felt to have a dominating presence in the room? To look slightly like an athlete in your clothes and to have the look of a predator? To be an alpha male and to look fantastic in nearly every outfit you wore?

Having a gut changes your posture too. It forces you into a more forward position that slumps your shoulders forward and closes off your chest. This is a submissive stance that sends a loud signal to others that you aren't confident and that you don't need to be taken seriously! Women meanwhile can expect to look frumpy and tired.

Having a gut *transforms* you from the bottom up and brings you screaming into middle age. It suggests that you've stopped trying and affects your very body language – which of course has a deep psychological impact.

Then there are the direct results of getting into better shape. Of course your sex life will improve and I'm not just talking about for single people. Obviously picking up women/men becomes much easier when you look healthy and sexy but you'll also find your relationship improves.

How would you feel about your partner if they become more toned and sexy? Or if they gained lots of weight quickly conversely?

And then there's the way that a belly can impact on your libido – or lack thereof. If you're not having sex, then losing the gut might be the answer. And guess what?